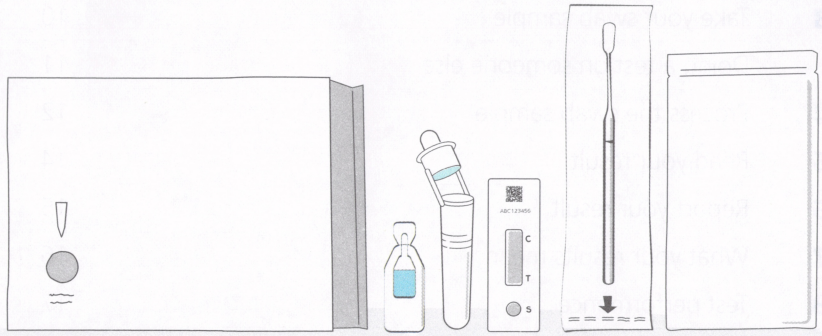
NHS
Test and Trace

Read this whole guide carefully before you start the test.
This test may be different to the one you have used before.

Your step-by-step guide to DHSC COVID-19 Self-Test (Rapid Antigen Test)



These instructions for use relate to DHSC COVID-19 Self-Test (Rapid Antigen Test) only.

This guide explains how to test yourself or another person for COVID-19, and report the results to the NHS.

Alternative language versions and video demonstrations are available on:
gov.uk/covid19-self-test-help

Report all your test results to the NHS

What you need to do

Your step-by-step guide

Read through the instructions and follow the steps in the correct order. Each test takes about 15 minutes to set up and results will be ready after a further 30 minutes.

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Around 1 in 3 people with COVID-19 do not know they have it.

With regular self-testing we can slow the spread and help protect the most vulnerable in our families and communities.

Advice about taking the test

There are useful tips, advice and warning boxes spread out along the guide, to help you. By following these instructions carefully step-by-step, you will have a much better chance of getting a reliable result.

General guidance and warnings

- Use a separate test kit for each person. You can only use each item in the test kit once.
- Do not re-use the items. You'll need to report each person's result.
- If you have problems with your hands or vision, you may need someone to assist you with the swabbing and testing process.
- If you have a nose piercing, swab the other nostril. If pierced on both sides, remove the piercing on one side before swabbing.
- If you've had a nosebleed within the last 24 hours, swab the other nostril or wait 24 hours.
- Do not eat or drink for at least 30 minutes before doing the test to reduce the risk of spoiling the test.
- These kits are only designed for human use.

ADVICE

Store the test kit at room temperature or in a cool dry place (2°C to 30°C). Do not leave in direct sunlight and do not store in a fridge or freezer.

The kit should be used at room temperature (15°C to 30°C). If the kit has been stored in a cool area (less than 15°C), leave it at normal room temperature for 30 minutes before using.

Keep the test kit away from children.

About this test

Why you should self-test

This self-test kit is for asymptomatic people, it is a swab test for the nose and throat to check if you are infected.

Asymptomatic people are those who carry the virus but show no symptoms of it.

If you test positive for COVID-19 you can:

- help limit the spread of the disease, you and your household should self-isolate following government guidelines:
  nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/
- advise people you have been in close contact with, or locations you have visited in the last 14 days, to test for possible COVID-19 infection.

If you test negative for COVID-19

It is likely that you were not infectious at the time the test was taken. A negative test result, however, is not a guarantee that you do not have coronavirus.

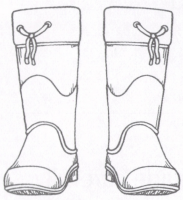
ADVICE

If you have coronavirus (COVID-19) symptoms or have contracted coronavirus (COVID-19), please refer to NHS guidance online:
nhs.uk/conditions/coronavirus-COVID-19

If you have symptoms of coronavirus (COVID-19) and your condition gets worse, or you do not get better after 7 days, visit the NHS **111** online service: **111.nhs.uk**. If you do not have internet access, call NHS **111**. For a medical emergency dial **999**.

Do not delay getting help if you are worried. Trust your instincts.

Who this test is suitable for



Adults aged 18+

Self-test and report, with assistance if needed.

Adolescents aged 12 – 17

Self-test and report with adult supervision. The adult may conduct the test as necessary.

Children under 12

Children under 12 years of age should be tested by an adult.

Do not conduct this test if you do not feel confident testing a child.

How often to test

How often you should test may vary depending on your circumstances and current national or local guidelines.

Where to find extra support

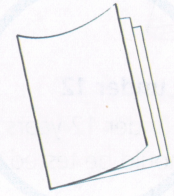
Get more self-test information at: **gov.uk/covid19-self-test-help**

1. Prepare your test area

Do not eat or drink for 30 minutes before your test

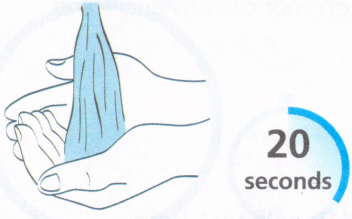
You'll need:

- a timer such as a watch or clock
- tissues
- a mirror
- surface cleaner
- hand sanitiser or soap and access to warm water.



1. Read this instruction guide carefully. You can also watch the swab test video online if you need more help: **gov.uk/guidance/covid-19-self-test-help**

2. Immediately before starting the test, clear, clean and dry a flat surface to place the test kit on.



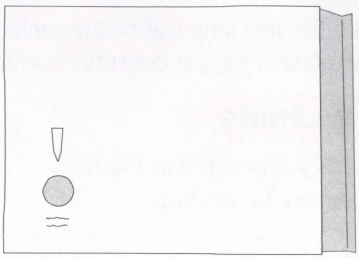
3. Wash your hands thoroughly for 20 seconds, using soap and warm water, or hand sanitiser.

   If doing more than one test, clean the surface and rewash your hands between each test.

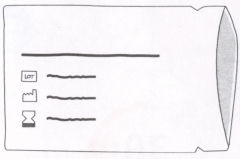
Report all your test results to the NHS

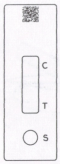
Check your kit contents

4 In your test box you should have:



Extraction tube holder



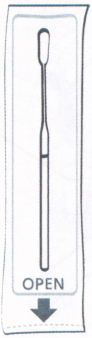


Test strip in sealed packaging

Extraction buffer Sachet

Extraction tube

Waste bag



Swab inside sealed wrapper

ADVICE

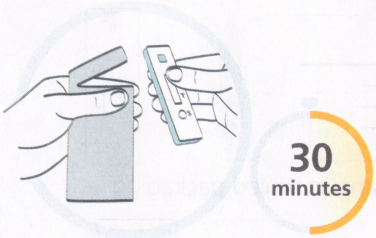
What to do if something is damaged, broken or missing

If you notice anything damaged, broken or missing, please do not use the test kit. You can give feedback by calling the customer contact centre.
Lines are open every day, 7am to 11pm.

Call: **119** (free from mobiles and landlines).
We offer support in 200 languages as well as British Sign Language.

If you are harmed by a device reporting it could help others, please go to:
coronavirus-yellowcard.mhra.gov.uk

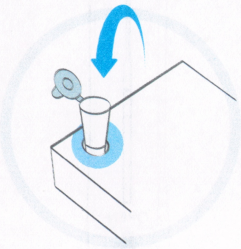
2. Set up your test



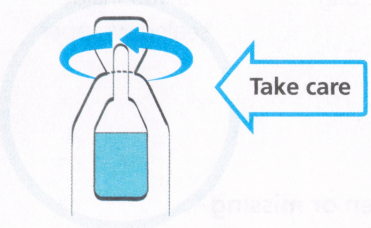
5 Take the test strip out of the sealed bag and place it onto a clean flat surface.

WARNING

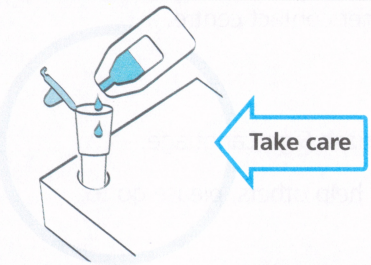
Once opened, start the test within 30 minutes.



6 Place the tube in the extraction tube holder attached inside the box.



7 Carefully twist or snap open the sachet. Open it away from your face and be careful not to spill any of the liquid.

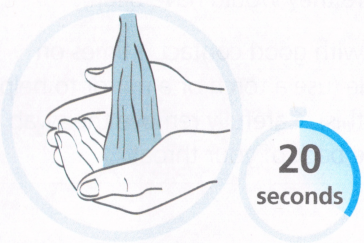


8 Open the extraction tube and gently squeeze all of the liquid from the sachet into the tube.

Take care not to touch the sachet against the tube. Place the sachet in the waste bag provided.

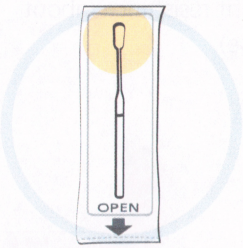
9 Gently blow your nose into a tissue and throw the tissue away in a closed bin.

If you are testing a child help them to blow their nose. This is so that you get rid of excess mucus.



10 Wash your hands thoroughly again for 20 seconds using soap and warm water or hand sanitiser.

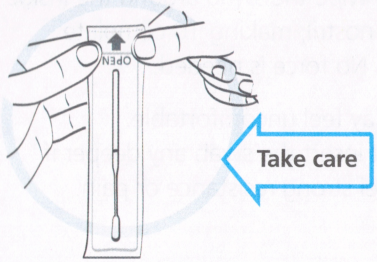
If you're doing this test on another person, you should both wash or sanitise your hands again.



11 Find the swab in the sealed wrapper in front of you. Identify the soft, fabric tip.

WARNING

Do not touch the soft, fabric tip of the swab.



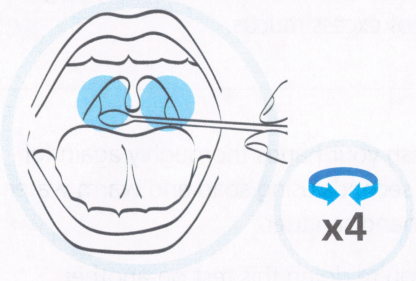
12 Peel open the swab packaging only when you are ready to use and gently take out the swab.

3. Take your swab sample

WARNING

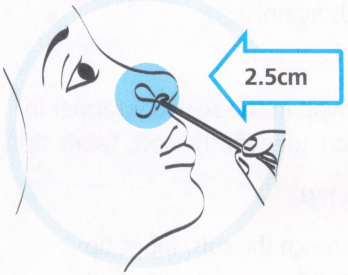
Do not touch the tongue, teeth, cheeks, gums or any other surfaces with the fabric tip of the swab. If it touches anything else, it may spoil your sample.
Never touch the soft, fabric tip of the swab with your hands.

If testing a child under 12, or a person who requires assistance, follow the steps on page 11

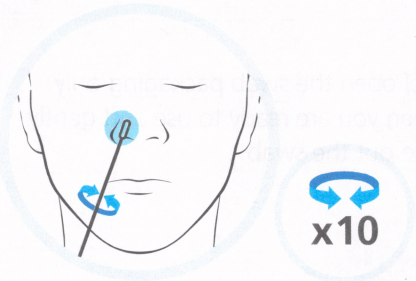


13 Open your mouth wide and rub the fabric tip of the swab over both tonsils (or where they would have been).

Do this with good contact 4 times on each side (use a torch or a mirror to help you do this). Carefully remove the swab from the back of your throat.



14 Put the same swab gently into 1 nostril until you feel a slight resistance (about 2.5cm up your nose).



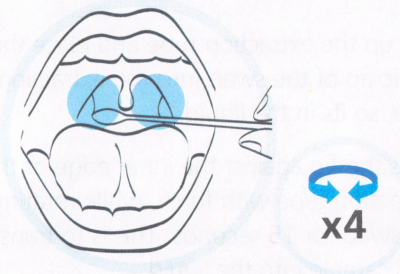
15 Gently wipe the swab around the inside of the nostril, making 10 complete circles. No force is needed.

This may feel uncomfortable.
Do not insert the swab any deeper if you feel strong resistance or pain.

Doing a test on someone else

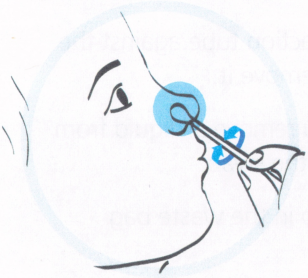
Children under 12 should be tested by an adult. Follow the guidelines below on how to prepare and test a child or a person who requires assistance. You can watch a demonstration video at: **gov.uk/guidance/covid-19-self-test-help**

If you're testing a child, show them the test kit and talk to them about what you are going to do. If possible, sit them on someone's lap or have someone hold their hand. Ask the child to blow their nose into a tissue. Place the tissue in a closed bin.

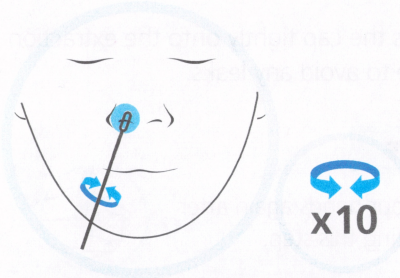


13 Hold the swab in your hand, ask the child to open their mouth wide and tilt their head back. Gently rub the fabric tip of the swab over both tonsils (or where they would have been).

Do this with good contact 4 times on each side. Carefully remove the swab.



14 Put the fabric tip of the same swab gently into 1 of their nostrils until you feel some resistance.



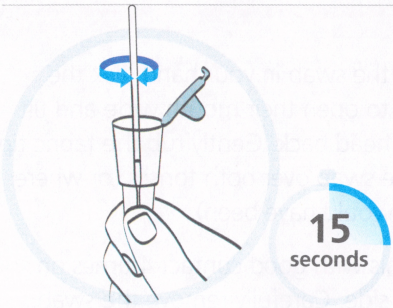
15 Gently wipe the swab around the inside of their nostril in a circular motion 10 times.

If you did not swab the tonsils, swab both nostrils, making 10 complete circles in each nostril.

4. Process the swab sample

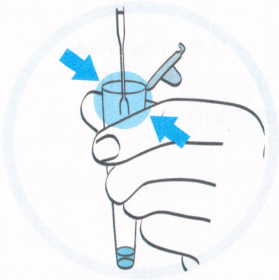
TIP

For best performance, test the swab as soon as possible after wiping your nostril.



16 Pick up the extraction tube and place the fabric tip of the swab into the extraction tube, so its in the liquid.

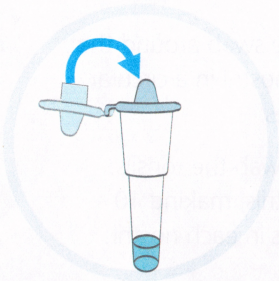
Press the tip against the inner edge of the extraction tube with force, while rotating the swab for 15 seconds. This is to transfer your sample into the liquid.



17 Pinch the extraction tube against the swab as you remove it.

Make sure you remove all liquid from the soft tip of the swab.

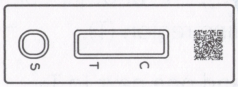
Place the swab in the waste bag provided.



18 Press the cap tightly onto the extraction tube to avoid any leaks.

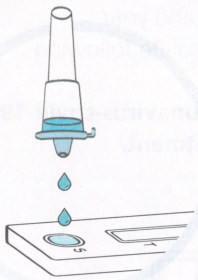
ADVICE

Wash your hands again after completing this step.



19 Ensure the test kit is on a clean and flat surface.

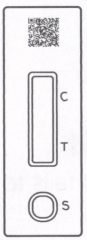
Do not move the strip during the test.



x2

20 Gently squeeze the extraction tube to place 2 drops of the liquid into the specimen well (S) on the test strip.

Make sure that you are dropping liquid and not an air bubble. Put the sample collection vial in the waste bag along with the swab.



30 minutes

21 Set a timer and wait 30 minutes before you read your result.

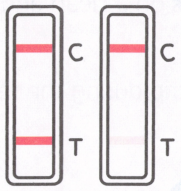
A positive result can appear at any time after 20 minutes, however you should wait for the full 30 minutes to record a negative result as the test line (T) may take this long to appear.

Find out how to read and report your result on the next page. >>

5. Read your result

IMPORTANT

Do not leave the test to develop for longer than 30 minutes as this will make the result void.



Positive result

Two lines appear. One coloured line should be in the control line region (C), and another coloured line should be in the test line region (T).

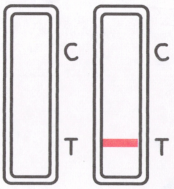
Two lines, one next to C and one next to T, even faint lines, show the test is positive.

IMPORTANT

If you test positive, you and your household should self-isolate following government guidelines: **nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/**

Negative result

One coloured line appears in the control line region (C). No line appears in the test line region (T).

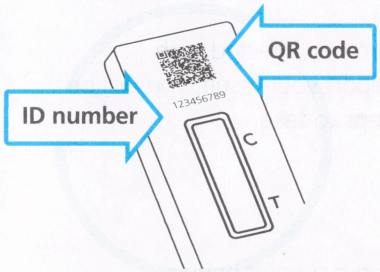


Void result

Control line (C) fails to appear.

6. Report your result

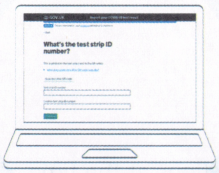
You should report your positive, negative and void results to the NHS.



Recording all test results helps scientists spot new virus outbreaks and advise how to respond. If people only report a positive result, case levels look higher than they really are.

So even if your result is negative or void, you'll make sure NHS information stays accurate.

You need the QR code, or the ID number under it to report your result.



Report online (fastest)

If you live in England, Wales or Northern Ireland visit:
gov.uk/report-covid19-result

If you live in Scotland visit:
covidtest.scot

Or report by telephone

Call **119**

Lines are open every day, 7am to 11pm, (free from mobiles and landlines)

7. What your results mean

You have only completed your test when you have reported your result

Positive result

If you get a positive result, it indicates you are currently infected with COVID-19 and risk infecting others. When you report your result, you will be provided with further information on the next steps to take.

WARNING

You, anyone who lives with you, and anyone in your support bubble, should self-isolate in accordance with current national and local guidance, which can be found at: **nhs.uk/conditions/coronavirus-COVID-19/self-isolation-and-treatment/**

Negative result

If you get a negative result, it is likely you were not infectious at the time the test was taken. A negative test result, however, is not a guarantee that you do not have COVID-19.

If you test negative, you should continue to follow national and local rules and guidelines, including regular handwashing, social distancing and wearing face coverings, where required.

If you develop symptoms of a high temperature, a new, continuous cough or a loss or change to your sense of taste or smell, you and your household should self-isolate and the guidelines are to get another test at: **gov.uk/get-coronavirus-test** or by calling the customer contact centre on **119**. Lines open every day, 7am to 11 pm.

Void result

If you get a void result, this means that the test has not run correctly. You need to use another lateral flow test from the pack. Do not reuse anything from the first test, and start the test procedure from step 1.

If the problem persists

If the problem persists, discontinue using the test kits immediately. If you do not have another test available, you may take a different type of test through the NHS COVID-19 app or by visiting: **gov.uk/get-coronavirus-test** or by calling the customer contact centre on **119**. Lines are open every day, 7am to 11 pm.

8 Test performance

The test is more likely to give a positive result if someone has high levels of coronavirus (COVID-19).

This means that it is most likely to detect the people who are currently infectious and need to immediately self-isolate.

9 Safely dispose of your test kit

Once your test is complete, put all of the used test kit contents in the waste bag provided and put this in your general household waste.

Wash your hands thoroughly after disposal.

Make a note of your test results

This is for your own records. You should still report your result to the NHS (see page 15 for information).
Visit: **gov.uk/report-covid19-result**

Who took the test	Date	Time	Test result

Your kit contains the following materials

Items	3-Pack	7-Pack
Instructions for use (this document)	1	1
Box with tube holder hole	1	1
Test strip in sealed pack	3	7
Extraction buffer Sachet	3	7
Extraction tube holder	3	7
Swab inside sealed wrapper	3	7
Waste bag	3	7
	Product code TK2196	Product code TK2193

NHS
Test and Trace

Supply of this device is only permitted as part of the DHSC deployment under the NHS Test and Trace programme.

Manufacturer: Department of Health and Social Care, 39 Victoria Street, Westminster, London, SW1 0EU.

Manufactured under contract to DHSC by: Xiamen Biotime Biotechnology Co Ltd, 2F/3F/4F, No. 188, Pingcheng South Road, Haicang Street, Haicang District, Xiamen, Fujian, 361026, P. R. China.

Index of symbols

30°C 2°C Store within 2 – 30°C	STERILE EO Sterilized using ethylene oxide	Manufacturer	Σ xx Contains sufficient for xx tests
LOT Lot number	Use-by date	IVD In vitro diagnostic medical device	Do not use if package is damaged
Keep away from sunlight	Date of manufacture	Do not re-use	Recyclable
Keep dry	Consult instructions for use	Caution	

All of the information and images in this document are correct as of 18 June 2021.
Version 1.3.4

Report all your test results to the NHS